

# Scott Spouses Newsletter

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## Air Force Crossroads: The Official Community Website of the United States Air Force

The Air Force recognizes that one of its most important attributes is a sense of community among its members and their families...in this spirit, the Air Force Community Action Information Board established CROSSROADS as the Air Force's official community web site...no matter where our members and their families are in the world, Crossroads provides immediate access to a wealth of information and ability to communicate with each other across the miles that separate us. Topics include:

- Calendar of Events
- Casualty & Loss
- Communications Center
- DoD Installations
- Education
- Eldercare
- Employment / Volunteer
- Family Separations
- Financial Information
- Information Resource Center
- Leisure Activities
- Medical & Dental
- Parenting
- Related Websites
- Relocation
- Spouse Network
- Teens & Youth

The website can be found at <http://www.afcrossroads.com/>.

Air Force Crossroads' *Family Separation and Readiness* section is dedicated to those members and their families and friends who are separated due to deployments, remote assign-

ments, extended TDYs, natural disasters, and professional military education requirements. While separation can be a difficult experience for members and their families and friends, the Air Force is dedicated to providing our people quality service to make it as painless as possible. The information and resources provided can make the experience a positive one for you and your family.

The *Spouse Network* provides a means of communication and access to resources and information Air Force-wide on a variety of topics affecting spouses and their families. Today's global Air Force often calls upon the military member to perform his or her duties away from home, leaving the spouse alone to maintain the family unit. It is the intent of the Spouse Network to assist spouses with the daily routine as well as those extraordinary circumstances that inevitably seem to occur when the sponsor is away and the spouse is responsible for total management of home and family. Spouses are invited to become a member of the Spouse Network and to learn from each other, sharing experiences, information and resources from both home and abroad.



Information courtesy of Maxwell/Gunter Information Guide and Air Force Crossroads.

## DFAS myPay customers cautioned against 'look-alike' sites

ARLINGTON VA (Oct. 3) – The two million military and civilian users of myPay are being cautioned to use only the official myPay site (<https://mypay.dfas.mil>) when seeking to access pay account information.

"Personal information is valuable and should be safeguarded," said Claudia L. Bogard, director of Corporate Communications for the Defense Finance and Accounting

Service. "Don't provide your personal information to any Web site unless you know it can be trusted."



Look-alike sites have recently frustrated myPay customers who have been confused by accidentally finding their way to a commercial

site that is in no way affiliated with DFAS or the Department of Defense.

DFAS' myPay is a secure, DFAS-operated Web site that lets active duty, National Guard and Reserve military members, civilian employees, and military retirees and annuitants take charge of their pay accounts online. The DFAS myPay Web site is found at <https://mypay.dfas.mil/>.

## Air Force Aid Society "Give Parents a Break Program"

The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life -- deployments, remote tours of duty, extended working hours, etc. Families are often separated from spouses as well as from extended family members who might otherwise offer support. In an effort to help these families, the AFAS, in cooperation with the Air Force child care community, has agreed to provide funding for child care under a program called "Give Parents a Break". The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting.

The AFAS pays the cost of opening the base Child Development Center (CDC) once a month for families referred to

the program. Families using the center will not be charged for the care.

Those eligible to use the "Give Parents a Break" program include parents:

- Whose spouse is deployed
- Whose spouse is on an extended TDY
- Who have been experiencing a family crises such as birth of a new baby, serious illness of family member, death in family, extended illness of family members, etc.
- Whose child is special needs
- Whose spouse has been required to work extensive extended shifts

To be eligible for the program, families must be referred by one of the following base offi-

cials:

- Squadron commander/first sergeant
- Chaplain
- Doctor or other medical professional
- Family Advocacy personnel
- Family Support Center personnel
- Child Development Center personnel

*For more information  
please contact:*

**Family Support Center**  
256-8668

**Child Development Center**  
256-2375/2376

**Youth Center**  
744-9862/9863

## New DoD Education Web Site Now Online

The new DoD web site designed to assist military children, their parents, educators, and military commanders ease education transitions has debuted. Although some parts of the site are still in development, [www.militarystudent.org](http://www.militarystudent.org) has information and resources applicable to the 1.5 million children in both civilian and DoD-run schools. For military children ages 6 to 12, the site has chat rooms and provides information on how to meet new friends, how to prepare for a move, and **information on deployment and war**. The teen section also has a chat room and information on moving, as well as checklists of information

needed from the school they are leaving and for their new school and information on employment, baby-sitting, managing money, graduation tips, and teen sponsorship. The parents' section has a link to the DoD Educational Opportunities Directorate's **"Guide to the Military Child During Deployment and Reunion"** and information on preparing children for Permanent Change of Station moves and how to get involved in their children's schools. Special needs families can link directly to the DoD special needs web site, EFMConnections, an online resource with information about legal, financial, medi-

cal, and other issues. Military leaders can find information about working with local schools and how deployment and other events affect military children. Educators' resources include a section of "promising practices" in public schools and a guide to helping children during deployment. The designers of the web site want to encourage users of the site to explore it and send suggestions for additional information that would be useful or other improvements.

*Excerpt from the National Military Family Association website at <http://www.nmfa.org/FamilyNews.php>.*



## Project Homefront

Project Homefront is a national program created by The Home Depot to help military families repair and maintain their homes while a family member is deployed during Operation Iraqi Freedom.

In coordination with Rebuilding Together, the country's largest volunteer home rehabilitation organization, and

USA Freedom Corps, a volunteer coordinating council created by the White House, The Home Depot will commit \$1 million to the project and one million hours of service through our Team Depot volunteer corps.

To register your project (families of deployed military only) visit [http://www.](http://www.rebuildingtogether.org/phomeowner.asp)

[rebuildingtogether.org/phomeowner.asp](http://www.rebuildingtogether.org/phomeowner.asp).

If you want to volunteer or make a donation to revitalize homes, visit <http://www.rebuildingtogether.org>.

If you want to find opportunities to start volunteering, visit <http://www.usafreedomcorps.org>.

## Aqua Massage

Scott AFB is first in the Air Force to acquire an Aqua Massage.

The Aqua Massage is available to anyone who can use Scott's fitness center and 15 minutes of free **stress relief**.

Commonly seen at shopping malls, the Aqua Massage was purchased with Air Mobility Command's Surgeon General Directorate prevention grant funds. The grant was approved because of the Aqua Massage's therapeutic value, such as relief of stress and muscle tension. Also, there is hope that the machine will motivate people to visit the HAWC to take a wellness class and exercise since they are already at the Fitness Center.

The Aqua Massage is especially beneficial after a good workout. The heat and pressure from the water help reduce the stress levels within the muscles. It also improves blood flow throughout the body, so less muscle stiffness and cramping occur.

The machine uses 36 water-spraying jets that travel up and down the body. The computer-controlled jets spray along an acrylic canopy covering the user's back as he/she lies fully-clothed and cushioned on his/her abdomen. Water pressure, temperature and pulsating frequency are adjustable during the massage.

To make an appointment, please contact the HAWC at 256-7139.

## Family Support Center

**Morale Call**—Provides one 15 minute telephone call per week from home to a service member's location, through the base operator.

**Videophone Links**—Allows family members to see and talk to each other at the same time.

**Hearts Apart Event**—Hosts frequent events that include a free meal, door prizes, games, and many activities for children of all ages. We have several organizations to provide information on assistance during family separations.

**Car Care Because We Care**—Offers preventive maintenance for the family vehicle when the member is deployed for more than 30 days. Maintenance includes oil/filter change and lubrication.

*Contact the Family Support Center at 256-8668 for more information*

## Blue Star Service Banner

A Blue Star Service Banner displayed in the window of a home is an American tradition. The banner lets others know that someone in the home is proudly serving in the U.S. Armed Forces. As Americans do their best to support Operation Iraqi Freedom and the ongoing war on terror, the Blue Star Service Banner tradition reminds us all that war touches every neighborhood in our land.

The Blue Star Service Banner typically displayed in windows is an 8.5 by 14-inch white field with a blue star(s) sewn onto a red banner. The size may vary but should be in proportion to the size of the U.S. Flag.

Today Blue Star Service Banners

are displayed by families who have a loved one serving in the armed forces including the National Guard and Reserves of all military departments. The banner displayed in the front window of a home shows a family's pride in their loved one serving in the military, and reminds others that preserving America's freedom demands much.

The blue star represents one family member serving in the armed forces. A banner can have up to five stars, signifying that five members of that family are currently in military uniform on active duty.

The American Legion is rekindling the spirit of pride in our military men and women following the



horrific terrorist attacks of September 11, 2001. The American Legion is providing banners to families in communities across the nation. Free color downloads are available at [www.legion.org](http://www.legion.org) of the banners and static cling versions for home and automobile, as well as lapel pins, are available from The American Legion National Emblem Sales.

*From the American Legion website at <http://www.legion.org>*